

Herb-Roasted Chicken with Potatoes and Peas

Rating: ★★☆☆

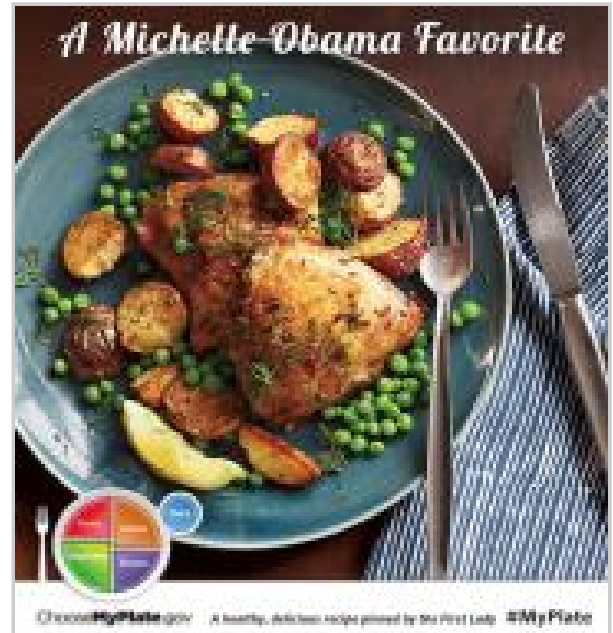
Makes: 4 Servings

Ingredients

- 15 new potatoes (about 15, halved or quartered if large)
- 3 tablespoons olive oil
- Kosher salt
- black pepper
- 8 bone-in, skin-on chicken thigh (about 2 1/2 pounds total)
- 1 teaspoon caraway seeds
- 1 teaspoon dry mustard
- 1 cup frozen peas, thawed
- 2 tablespoons fresh lemon juice (plus lemon wedges for serving)
- 2 tablespoons fresh dill (chopped)

Directions

1. Heat oven to 450° F with a rack in the highest position. Toss the potatoes with oil and 1/2 teaspoon each salt and pepper on a rimmed baking sheet. Season the chicken with the caraway seeds, mustard, and 1/4 teaspoon each salt and pepper.
2. Nestle the chicken skin side up in the potatoes and roast, tossing the potatoes once, until the potatoes are tender and an instant-read thermometer inserted in each thigh registers 165° F, 25-30 minutes.
3. Add the peas to the chicken and potatoes and continue to roast until warmed through, 2 to 3 minutes. Drizzle with lemon juice.
4. Sprinkle with the dill and serve with the lemon wedges.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	638	
Total Fat	34 g	52%
Protein	44 g	
Carbohydrates	36 g	12%
Dietary Fiber	4 g	16%
Saturated Fat	8 g	40%
Sodium	537 mg	22%

MyPlate Food Groups

Vegetables	1 3/4 cups
Protein Foods	4 ounces

A First Lady's Favorite from Real Simple